

# MOUNTAINEER

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July 28, 2006

## 2nd BCT participates in rotation at NTC

by Sgt. Luke Koladish

114th Mobile Public  
Affairs Detachment

Another Army unit with a storied and colorful past started its National Training Center rotation at Fort Irwin, Calif., last week. The 2nd Brigade Combat Team has started the intensive training course to prepare for rotation to Iraq.

"We have to maintain a positive attitude to accomplish this mission to be prepared to help the Iraqi people move forward to democracy," said Operations Sgt. Maj. Leroy Hinton.

The 2nd BCT was the Army's only Light/Heavy Brigade, with two Air Assault Battalions (1-503rd and 1-506th). The 2nd Brigade Combat Team (Strike Force) acted as deterrence of North Korean aggression against the Republic of Korea.

"Korea was a good experience, training in the mountainous terrain and working with the Republic of Korea Army we were able to experience another culture," said Sgt. 1st Class Hugh Simmons, A Company, 1/9th Infantry.

The U.S. Army announced Sept. 23, 2004, that the 2nd Brigade, 2nd Infantry Division, would relocate to Fort Carson upon completion of the deployment to Iraq as part of the Operation Iraqi Freedom II rotation. Upon completion of its deployment in the summer of 2005, the unit relocated to Fort Carson.

The unit's mission was to search

and secure the enemy's fire power allowing the infantry units to conduct their missions. The unit conducted many cache sweeps, mostly through the countryside and in houses, trying to push out the insurgents.

Even with recent combat experience, the unit will benefit from training at the NTC. According to Staff Sgt. Lee Edmonds, A Co, 1/9, the observer controllers have worked with other units, studying their techniques. If the Soldiers from the 2nd BCT keep their eyes open, they will learn something.

Edmonds, as can be said of many Soldiers of the 2nd BCT, knows what he is talking about. On Nov. 9, 2004, while on a perimeter patrol at a traffic control point in Al Ramadi, Iraq, Edmonds' squad came under fire. One round passed through Edmonds' left ear, grazing the back of his head, the other hit him in the right foot. His rifleman took three rounds in his left leg and a fellow Soldier was killed in action.

Edmonds recalled the after action report indicated five machine guns had fired upon them. "We are lucky to have come through it as best we did," he said.

Some people ask him why he stays in the Army. Edmonds responds, "This is what I do for a living. Individual loyalty keeps these guys in the unit. They come in knowing nothing, develop, and become leaders."

By August 2005, Soldiers of the 2nd BCT were on their way to their new home after completing the

brigade's first deployment since the Korean War.

The unit, which had called the Republic of Korea its home for the last 50 years, relocated to Fort Carson after the deployment in Iraq.

The upcoming Iraq deployment will be the second for the unit, which saw 68 of its Soldiers killed and more than 400 wounded in its first tour, from August 2004 to July 2005.

In spite of all of the deployments and relocation, Soldiers from the BCT have high spirits.

"The difficulty of deployments has caused the unit to grow a lot," said Edmonds.

"The deployment to Korea and back-to-back deployments to Iraq has kept the guys in, building technical proficiency as well as dependence on one another."



Photo by Spc. Kathleen R. Briere

From outside Medina Jabal, a mock Iraqi village at the National Training Center, Fort Irwin, Calif., Spc. Daniel Almonaci, an infantryman with 1/9th Infantry, 2nd Brigade Combat Team, 2nd Infantry Division, watches as a crowd of villagers gathers during a meeting with the town mayor.

## Prairie dog-borne plague arrives downrange

Directorate of Environmental  
Compliance and Management

Warm weather brings out more than just sunshine, barbecues and fun, it can also herald the arrival of plague season.

The Directorate of Environmental Compliance and Management issued a plague watch July 20 as a result of excessive prairie dog die-off in several colonies located near Butts Army Airfield and to the west along Wilderness Road.

Until further notice, residents are advised to stay clear of the areas around Butts Army Airfield and Wilderness Road.

Specimen animals and fleas were collected and submitted to the El Paso County Department of Health for testing. As a precaution the DECAM began preventive measures that include the application of insecticides in the

affected prairie dog colonies to kill plague-carrying fleas and eliminate further spread of the potential disease.

Plague is a disease transmitted primarily through the bite of infected fleas, prairie dogs, wood rats and other species of ground squirrels and chipmunks can carry infected fleas. The fleas also move easily from wild animals to the family dog and cat.

The symptoms of plague infection include a sudden onset of fever and chills, severe headache, muscle aches, nausea, vomiting and a general feeling of illness.

Sometimes a lymph node will swell and drain near the original bite location, causing extreme pain. The symptoms usually begin two-to-six days after the bite of the infected flea or animal.

The Colorado Department of

See **Plague** on Page 4

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### MUST SEE



Protect yourself from thieves.  
See Page 11.

*It's hot!*

# Leave pets at home, not in parked car

**Commentary by  
Sgt. Clint Stein**

*Mountaineer staff*

Imagine wearing a fur coat outside all day, every day, all summer long. Now imagine sitting inside a parked car with the windows up and that fur coat on for an indefinite amount of time.

You would probably start to sweat and become very thirsty. But what if you couldn't sweat and you had nothing to drink. How long do you think you could withstand the torture before you became so hot that your body began to overheat? Soon you would become dehydrated and eventually suffer a heat stroke.

Unfortunately, many dogs and cats suffer through this type of experience everyday throughout the nation. During the summer, it doesn't matter if a car is parked in Texas or Colorado, the inside of a vehicle can really heat up in a short period of time.

If a car is parked with the windows all the way up, temperatures in the car can be as high as 130-140 degrees. And if the windows are rolled down to leave a small crack, the temperatures can still rise as much as 20 degrees hotter than the outside temperature.

I'm sure many of us have experienced a small example of how hot it

can get in a vehicle every time we go out to our cars after it's been parked for a while in the sun. But the first thing most of us do after starting the engine is roll down the windows to help expel the hot air or turn on the air conditioner.

When pet owners leave their furry little friends behind in a car while they go inside to shop for groceries or make a bank deposit, they usually don't leave the air conditioning running. That would mean they would have to leave the keys in the vehicle while it was running and that's just crazy.

What I think is even crazier is the idea that it's OK to leave an animal with a coat of fur alone in a hot, parked car with nothing to drink. But despite my bewilderment, it happens.

I can't even count the number of times I have been strolling through a parking lot and saw a dog with its nose up to the barely cracked window desperately gasping for a breath of fresh air. The dog is frantic and barking

at passersby, but most people walking by assume the dog is barking because it's a dog and that's what they do. Who's to say the dog isn't barking for help before it suffers a tragic death.

Dogs and cats already have a hard enough time trying to cool their body when it's hot outside. Adding to their challenge by trapping them in a heat box is simply cruel.

Dogs and cats only have sweat glands in the pads of their feet. The only other way they can cool their body temperature is by panting. This anatomy does not make for a cool combination during the summer months when outside temperatures, even in Colorado, can reach triple digits.

If pet owners are going out to run errands or do some shopping, they really should leave their pets at home. Why even run the risk of exhausting your pet in a car and putting him through that kind of stress?

Sometimes pet owners will take their pet with them in the car and

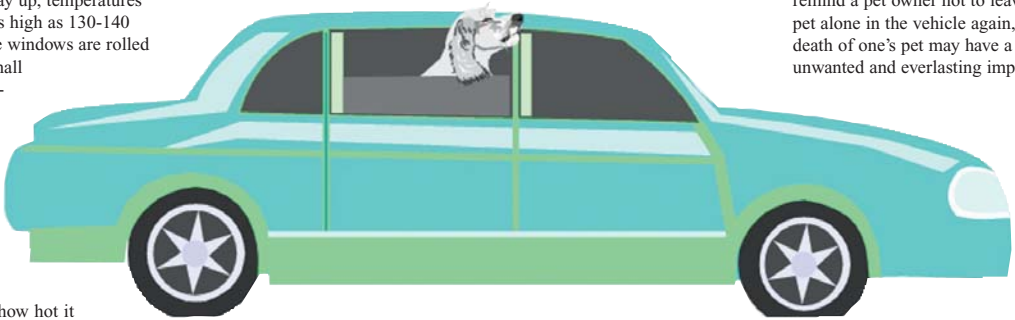
leave them outside while the owner goes inside a store or something "real quick" and forgets about the pet. It may be an honest mistake, but it's a deadly one.

Unless pet owners are taking their dog to the park or on vacation with them, I see no reason why they shouldn't leave them at home. Besides, the dog will probably be more comfortable at home anyway.

If someone sees a dog or cat that has been left alone in a parked car and it's hot outside, there are a few things he or she could do if concerned for the pet's safety. Get the make and model of the vehicle and ask an employee inside the establishment if they would page the vehicle owner. If the owner can not be found and the situation is becoming serious, call security or the police to have them open the vehicle.

According to The Pet Center Web site, often times negligent pet owners will be cited for animal cruelty for leaving their pet in a hot car.

Although a citation may help remind a pet owner not to leave their pet alone in the vehicle again, the death of one's pet may have a more unwanted and everlasting impression.



## POST TALK: What precautions do you take to help prevent against identity theft?



*"I shred all my mail that has personal information on it before I throw it in the trash."*

**Sharon Morris**  
Family member



*"I keep all of my passwords different."*

**Cpl. Colin Schwalm**  
1-68th Combined Arms Battalion



*"My wife and I check our credit card statements every day for any fraudulent charges."*

**Ralph Zoulds**  
Retired service member

### MOUNTAINEER

#### Commanding General:

Maj. Gen. Robert W. Mixon Jr.

#### Public Affairs Officer:

Lt. Col. David Johnson

#### Chief, Print and Web Communications:

Douglas M. Rule

#### Editor:

Karen Linne

#### Staff Writer:

Sgt. Clint Stein

#### Photojournalist:

Master Sgt. Dennis E. Beebe

#### Happenings:

Nel Lampe

#### Sports Writer:

Walt Johnson

#### Layout/Graphics:

Jeanne Mazeral

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# NEWS

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## Lean Six Sigma eases fiscal constraint challenges

by **Beth Reece**

*Army News Service*

**WASHINGTON** — As commanders throughout the Army look for ways to cut operating costs, business practices of Lean Six Sigma are reducing expenses and improving productivity throughout manufacturing, contracting, administrative services and even recruiting.

“People will say: we’re in the Army; we’re not a business,” said Col. Mike Petrash, deputy commander for the 96th Regional Readiness Command in Utah. “I would counter that and say every time we do a transaction, every time we promote a Soldier, pay a Soldier, supply a Soldier or move that Soldier from point A to point B, that is a business transaction.”

Lean Six Sigma is a combination of two business-improvement systems, Lean and Six Sigma. Lean refers to the reduction of waste, or the elimination of unnecessary steps to increase speed and productivity. Six Sigma is the reduction of variance to improve system performance. Together, they free up resources and help ensure quality equipment and services are quickly provided to Soldiers.

Strides made through LSS practices may best be seen on manufacturing and repair floors such as at Red River Army Depot, Texas.

“We’re getting tremendous payback because of Lean Six Sigma. We saved, last year alone, \$30 million on our Humvee line,” said Col. Douglas J. Evans, depot commander. “It’s not only in dollars but also in the number of vehicles that we can get to the Soldiers who need them.”

The facility can now turn out 32 mission-ready Humvees a day, compared to three a week in 2004.

LSS is also reforming administrative services and human resources.

“When our team took a look at awards processing, we found that on average it was taking 90 days from when we got a request for an award in to when the award was published. By taking a look at our process and reducing our cycle time, we’ve been able to reduce that to 21 days,” said Col. Lori M. Dupuis, chief of staff for the 96th Regional Readiness Command in Utah.

In charge of nearly 6,500 Soldiers in 65 units throughout six states, the 96th RRC has used Lean Six Sigma to also reduce the deployment preparation time for a battle-rostered unit from 30 days down to just three.

“Using the Lean Six Sigma approach, we went directly from defining the process to improving it,” said Petrash.

At the U.S. Army Recruiting Command, Lean Six

Sigma has improved the LEADS system, through which recruiters receive prospective recruits and direct them through the enlistment process.

Of 32 steps taken to recruit new enlistees, subject matter experts from the Recruiting and Accessions Command determined that only 11 were value added. And by reducing the steps by 66 percent, USAREC officials also decreased by 40 percent the time it takes to get applicants through the process.

“We had the immediate return on the investment, which was to cut time and put people in the schools quicker. We were able to eliminate a lot of waste,” said Chief Warrant Officer 4 Jack Bailey, chief of USAREC’s Special Missions Recruiting Division.

“But it’s the intangibles, the impact it had on the Soldier in the field that was more customer centric. The benefit was so much more than what we realized inside our four walls. It was just a huge success story,” Bailey said.

Where Lean Six Sigma has been implemented, it’s been successful, said Mike Kirby, deputy under-secretary of the Army for business transformation.

“This is all in a backdrop of severe fiscal-year constraints, so we have to do business differently,” said Kirby.

## Lean Six

From Page 3

"Lean Six Sigma is a lot different from the programs we tried to implement before. It gives you a set of tools that even the most inexperienced person can use," said George E. Kunkle III, process optimization manager at Corpus Christi Army Depot, Texas. "Initial response to Lean Six Sigma may be resistance, but it only takes one event for people to see that this is the right direction."

At Kunkle's depot, employees decreased the time it took to rebuild the UH-60 Blackhawk from 256 days to an average of 70.

But using Lean Six Sigma principles to redefine principles and improve speed, quality and cost requires the collaboration of both management and employees.

"The workers have to be enfranchised, because they understand the processes. We have to solicit their input on how to make their processes more lean and more efficient," said Kirby.

## Plague

From Page 1

Public Health and Environment recommends the following precautions to help protect against contracting the plague:

- Do not feed or entice any rodents (mice, rats, ground squirrels, prairie dogs, etc.) or rabbit species into the yard, back porch or patio.
- Eliminate areas where rodents can harbor, such as piles of lumber, broken cement, trash and weeds around homes or recreational cabins. Ensure that homes and outbuildings are as rodent-proof as possible.
- When training, camping or hiking, do not linger in rodent-infested areas.
- While hiking, treat pants, socks, shoe tops, arms and legs with insect repellents.
- Do not catch, play with or attempt to hand-feed wild rodents.
- Avoid contact with all sick and dead rabbits. Look for the presence of blow flies or dead animal smell as evidence of animals that have died off. Report such areas to local, county or state health departments or to the appropriate campground office when recreating and when on post report these areas to DECam Pest Control at 526-5141 or the Wildlife Office at 524-5393/5394.

• Insecticide powders or shampoos should be used on cats and dogs every few days while in plague-designated areas; however the effectiveness of flea-repellent collars has not been proven.

• Bites from wild carnivores and from cats and dogs have caused human plague. Such animals may be infected, carry the bacteria in their mouths or may transport infective fleas

• Cats sometimes exhibit swelling and sores around the mouth head and neck when infected. Seek professional veterinarian care for such animals and do not handle suspiciously sick pets without gloves and face protection.

• Remember the incubation period of two-to-six days and consult with a physician if sudden, unexplained illness occurs within that period after outdoor activities.

• Medical staff can successfully treat and cure plague if caught early enough.

Individual precautions and increased awareness are keys to keeping Fort Carson Soldiers, families and civilians plague-free this summer.

To learn more, visit the Web site at [www.cdph.state.co.us/dc/zoonosis/plague/plague-hom.html](http://www.cdph.state.co.us/dc/zoonosis/plague/plague-hom.html) or call the Installation Pest Management coordinator at 524-3534.

# MILITARY

## Supply and support operations a 24-hour job

Story and photo by

**Spc. Lee Elder**

*133rd Mobile Public Affairs  
Detachment*

**BAQUBAH, Iraq** — It's midnight at Forward Operating Base Warhorse, and a full moon beams light onto the parking lot of a bustling warehouse as a stream of trucks move in.

While most of the operations on the bustling base camp in Eastern Iraq have ground to a halt, for Supply Support Activity Soldiers their day has just begun. This handful of Soldiers must unload, process and move a mountain of pallets carrying vital equipment to support operations of the 3rd Heavy Brigade Combat Team, this night.

"We get everything from toilet paper to tank tracks," said Staff Sgt. Robert Sylvia, Company A, 64th Brigade Support Battalion, who serves as the midnight shift's noncommissioned officer in charge. "We handle everything."

Tonight's push consists of Class IX

supplies — vehicle parts. It's crucial that these supplies be inventoried and made ready for the mechanics next door who have many vehicles awaiting repair parts.

"It's these parts for trucks, Bradley Fighting Vehicles and tanks that are 'most critical,'" according to Chief Warrant Officer Kathy A. Herring, Company A, 64th BSB, 3rd HBCT. An 18-year veteran, the New Madrid, Mo., native serves as the warehouse's SSA technician and accountability officer.

"Because of the heat and the road conditions, there is a constant need for repair parts," Herring said. "It's the most critical need at this time."

Herring and her supervisor, 1st Lt. Forest Gibson, oversee SSA operations at FOB Warhorse. It not only supports units here, but units on three surrounding bases as well.

With the exception of fuel and ammunition, just about every essential element flows through the huge warehouse, tents and supply yard manned by the SSA's 26 personnel.

It's a round-the-clock operation



*Trinidad native and storage noncommissioned officer in charge for the SSA section, Sgt. Leah Willis, prepares to open newly arrived cargo.*

that never stops and often goes well into the morning hours.

"We manage to get it all done, but we have a huge mission as far as supporting the entire FOB," Herring said. "We have a lot of activity going on."

"Whoever needs us, we have the assets to assist them."

In addition to the units here, the SSA also supports the Army and Air Force Exchange Service, which operates the post exchange and other vendors here, and other contractor-run agencies as well. In addition to receiving



# Military briefs

## Miscellaneous

**Notice from the PMO** — In an effort to increase installation security, beginning today, locks at Fort Carson access control points will be replaced. Anyone requiring access to the installation through locked access control points will need to contact the Provost Marshal's Office operations section at 526-2053.

Keys will be issued on a case-by-case basis. This process includes contractors requiring downrange access to the installation.

**FLEP** — The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program.

Under this program, the Army projects sending up to 15 active-duty commissioned officers to law school at government expense.

Selected officers will attend law school beginning fall 2007 and will remain on active duty while attending school.

Interested officers should review Chapter 14, Army Regulation 27-1 to determine eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins.

Eligible officers interested in applying should register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels to include the officer's branch manager at Human Resources Command with a copy furnished to Office of the Judge Advocate General, Attention: DAJA-PT (Yvonne Caron), 1777 N. Kent St., Rosslyn, VA 22209-2194. Applications must be received by Nov. 1. Submission well in advance of the deadline is advised. For details call the Fort Carson OSJA at 526-5361.

**Warrant officers sought** — A board for warrant officer selection will be held in September.

The following warrant officer military occupational specialties are in critical demand: 21SD Geospatial Information Technician (21U and 21S); 311A Criminal Investigation Division Special Agent (31D); 350Z Attache Technician (all MOSs with special identifier 7); 351L Counterintelligence Technician (97B); 351M Human Intelligence Collection Technician (97E); 352P Voice Intercept Technician Korean (98G); 352S Non-Morse Intercept Technician (98K); 880A Marine Deck Officer (88K); 890A Ammunition Technician (89B and 89D); 913A Armament Repair Technician (45B, 45G and 45K); 914A Allied Trades Technician (44B and 44E); and 921A Airdrop Systems Technician (92R).

The Warrant Officer Career Center is also giving credit for the Basic Noncommissioned Officer's Course, Advanced Noncommissioned Officer's Course and Primary Leadership Development Course towards the Warrant Officer's Candidate School. Instead of six weeks and four days of training, the class will last four weeks and four days. For details on becoming a warrant officer, visit the Web site at [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or e-mail [wo-team@usarec.army.mil](mailto:wo-team@usarec.army.mil).

**CFC training schedule** — The Fort Carson Combined Federal Campaign will kickoff Sept. 28 at the Special Events Center. All major subordinate commands, directorates, activities, small functions and independent agencies appoint a keyworker for every 25 individuals assigned to facilitate a successful campaign. Each assigned project officer and keyworker will attend a minimum of one training session. Each session lasts no more than 75 minutes.

Project officers training sessions will be Aug. 9 from 9-10:30 a.m. and 11 a.m.-12:30 p.m. at the Elkhorn Conference Center. Keyworkers training will be Sept. 13 from 9-10:30 a.m., 11 a.m.-12:30 p.m.

and 2-3:30 p.m. at the Elkhorn Conference Center.

Agencies should forward the name, rank and telephone numbers of project officers and keyworkers to the Fort Carson Directorate of Morale, Welfare and Recreation Campaign Office, attention: Master Sgt. Lisa Belsher, bldg 1217, room 203. Call 526-0423 or fax 526-4691.

**Environmental health training** — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on heat and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

**DPW services** — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.

- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.

- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.

- Elevator maintenance — Call Larry Haack at 526-6669.

- Motor pool sludge removal/disposal — Call Don Phillips at 526-9271.

- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.

- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.

- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

## CIF Hours

### Regular business hours

Due to the number of Soldiers who need to clear the Central Issue Facility during July, CIF is adjusting its operating hours temporarily. CIF will revert to normal operating hours Tuesday. Soldiers may make turn-in appointments by calling 526-3321. Listed below are the new operating hours.

### Initial issues

Monday, Wednesday and Friday 7:30-11:30 a.m.

### Partial issues

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

### Cash sales/report of survey

Monday through Thursday from 7:30-11:30 a.m. and 12:30-3 p.m. and Friday from 7:30-11:30 a.m.

### Direct exchange

Monday and Wednesday 1:30-3 p.m. and Friday 7:30-11:30 a.m.

### Partial turn-ins

Monday through Thursday from 12:30-3 p.m.

### Full turn-ins

Monday, Wednesday and Friday 7:30-11:30 a.m. and Tuesday and Thursday from 7:30 a.m.-3 p.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

## Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

- Counselor Support Center — Monday

through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

- **Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

- **Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

- **Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

- **DFAC hours** — Fort Carson dining facilities operate under the following hours:

- *Wolf Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

- *Butts Army Airfield* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

- *Patton Inn* — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

- *10th SFG* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

- **Special Forces briefings** — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

- **ACAP briefing** — The Army Career and Alumni Program pre-separation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP pre-separation briefings are held Monday through Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

- **ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice. Briefing sign-in begins at 7 a.m. at bldg 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave.

- Call Orlando James at 526-2240 or e-mail [Orlando.James@carson.army.mil](mailto:Orlando.James@carson.army.mil).

# Civil affairs helps Pacesetters complete mission

by Pfc. Paul J. Harris

*3rd Heavy Brigade Combat Team*

**BALAD, Iraq** — What happens when the shooting stops? What will be the legacy left behind when coalition forces leave Iraq? Will it be one of terror and destruction or will there be lasting mementos of peace and stability?

That is the job of the civil affairs team and S-5 shop for 3rd Battalion, 29th Field Artillery, 3rd Heavy Brigade Combat Team, to make sure local Iraqis have the strong foundation on which to build their government upon.

Capt. Philip Zapien, civil affairs team leader, Headquarters and Headquarters Battery, 3rd Bn, 29th FA, finds himself wearing many different hats these days.

The majority of his civil affairs team has been tasked to 1-8 Combined Arms Battalion, 3rd HBC, to help in their area of operation, leaving Zapien and a couple Soldiers to complete missions. Though short-staffed he is determined to see some of the crucial projects completed before he returns to the U.S..

One of the big areas of concern is the quality of roads around Logistical

Support Area Anaconda. The roads are riddled with potholes, making them easy targets for insurgents to place improvised explosive devices.

Not only is Zapien concerned for the Iraqi and coalition forces' security, but having safer roads will allow more traffic to flow, increasing commerce and helping the local economy.

Lt. Col. Jeffrey Vuono, commander, 3rd Bn., 29th FA, who is on his third deployment to Iraq, sees a system similar to the U.S. interstate network that could help in the fight against roadside bombs.

The first task is to take away the median, Vuono said. Reducing vegetation on the side of the road increases visibility of an IED. Roads like we have in the U.S. have a significant asphalt base so it takes more effort to put an explosive device in the road.

In addition to building up the roads, the next project Zapien is excited about is a dam on the Tigris River near the village of Bakir.

The dam will facilitate better water flow into the water treatment facility in Bakir, also reducing the amount of sand that collects in the treatment facility, Zapien said. By reducing the sand it

will increase the production of fresh water allowing the facility not only to serve Bakir but surrounding villages as well.

"I don't want to start a project that is only going to be good for two years," Vuono said. "I want a project that is going to be here for five, six, seven years."

When Spc. Ray Noon, S-5 assistant, Battery B attached to HHB, 3rd Bn., 29th FA, arrived in Iraq for his first deployment he was surprised to see how much vegetation there is near the LSA and how many different things the Iraqis are able to grow, given the arid climate.

They grow tomatoes, leafy vegetables, apples, dates and a lot of wheat, said Noon. Farming is the primary source of income for the local Iraqis.

Noon's main project is finishing a database of information that has been collected on the local towns and people.

The database will be available to Soldiers so they can have up-to-date information on existing projects and the needs of the local townspeople at their fingertips.

The challenge, after identifying

what projects the Iraqis need, is to help facilitate the flow of money from the federal government in Baghdad to the smaller communities like Bakir village.

The success of the federal government is crucial, Vuono said, but it is at the local level, just like in our own government, that really makes things move along.

The 3rd Bn, 29th FA, will spend an estimated \$10 million in its year-long deployment in helping Iraqis with reconstruction efforts.

"When Americans get in their cars to go to work they expect to get from point A to point B safely," Vuono said. "People in Iraq do not expect that and Task Force Pacesetter, with our CA allies, need to provide that for them."

Many of the Soldiers from Task Force Pacesetter, like Vuono, are on multiple tours in support of Operation Iraqi Freedom.

Their goal, like most, is to leave this country in better shape than when they arrived.

In doing so, Vuono said, Soldiers won't have to come back a fourth time. He believes his battalion is on the right track in having the Iraqi security forces taking control.

## Supply

From Page 5

supplies, inventorying and storing them, SSA personnel ensure units are notified that their parts are in and that they are delivered.

"It's a revolving mission all the time," Herring said.

"There are requirements from the SSA, plus we still maintain support back here at the warehouse."

Herring said the warehouse holds up to \$48 million worth of authorized stock lists. At times, it also has more than 5,000 repair parts.

While it's a big operation, those responsibilities are hardly in the limelight.

Working during the hours of darkness in a remote area of the FOB, it is easy for their contributions not to be noticed. However, Herring said her Soldiers are undaunted.

"We don't let them get complacent," Herring said.

"We are constantly reminding them that it is a thankful job, even though it may seem thankless, and that it is well appreciated.

"We're always on them to make sure they do the right thing."

Like other Soldiers here, those working in the warehouse are also tasked for duties like pulling guard shifts, headcount at the dining facility and working in the company as the charge of quarters. It thins an already small number available to do a large job.

Despite the obstacles, Herring said her section's morale is usually high. She said she wouldn't have it any other way.

"I constantly remind Soldiers that they are

the key piece for the brigade's success," Herring said.

"They have to take their jobs seriously; they have to do their job to standard and produce quality work.

"It's a huge impact on how well the brigade does as a whole since we are the logistics of it all."

Herring's opinion is echoed by her Soldiers.

Despite facing a mountain of incoming cargo each evening, they are upbeat and get straight to their work.

"Without us, there is nothing," said Sgt. Carmela Cereno, a supply technician who hails from San Francisco. "Everything starts with us. If they (Soldiers) don't get whatever they ordered for a Humvee to be fixed, it stops."

To keep the supplies moving, the warehouse runs two shifts. The bulk of the section's personnel are on the job through the night when the weather is cooler and more tolerable.

"I like (working at night) a lot because it's not hot at all," said Sgt. Leah Willis, a Trinidad native who comes from Brooklyn, N.Y. "We don't have a lot of light, but it's not bad at all. I prefer the night shift."

While the section's late-night toil may not gather much attention on other parts of the base camp, it does not go unnoticed.

Herring and Gibson speak with pride when they talk about their Soldiers.

"Seeing vehicles up and running, seeing repair parts coming through, knowing we're supplying the mechanics with what they need to keep vehicles on the road, that is satisfaction in itself," Herring said.

## Iraqi citizens get sewer upgrades

by Sgt. Zach Mott

3rd Heavy Brigade Combat Team

**KHALIS, Iraq** — Iraqi citizens welcomed the addition of a new sewer system to this village northeast of Baqubah in a ceremony July 16.

A 321-meter sewer line, along with eight adjoining manhole covers, was built to serve the local merchants and more than 100 citizens in this area.

"Without ... basic sanitation services, people would just be either throwing stuff out in the street or dumping it in their back yard, which is unclean," said Capt. Darren Plotts, civil affairs team leader, Company B, 404th Civil Affairs Battalion, which is attached to 1-68th Combined Arms Battalion, 3rd Heavy Brigade Combat Team.

This is one of three infrastructure facilities to open in recent weeks in Diyala Province. Other projects included a water treatment facility in Hibhib and an electrical substation in Baqubah.

"This is all part of your city council's efforts to try to improve the health situation here in Khalis and take care of the good people of Khalis," said Lt. Col. Thomas Fisher, commander, 1-68th CAB.

Civil affairs teams help commanders, such as Fisher, work with local governments to determine what the needs of those communities are and develop ways to meet these needs.

"This is part of the reason I joined the Army in the first place," Plotts said.

"It makes me feel like I'm making a difference in this small part of the province."





Photo by Sgt. Clint Stein

## *A patriotic welcome*

*Members of the Patriot Guard, Colorado Chapter, welcome Sgt. Zach Mott, 3rd Heavy Brigade Combat Team, at the Colorado Springs airport as Mott and two dozen other Soldiers return from Iraq for a two-week rest and relaxation leave. The brigade deployed to Iraq in November. The Patriot Guard is a national organization that was created in August 2005 and is made up of 47,000 members. Most of the members in the Patriot Guard are veterans and show their continued patriotism by supporting troops. Patriot Guard members welcome back service members from deployments, attend Soldier memorial ceremonies and serve as escorts during military funerals.*



Photo by 1st Lt. Gregory Dorman

## *Honoring the fallen*

**Above:** Members of the 1st Battalion, 68th Armor Regiment, Honor Guard present arms during the playing of Taps at a memorial service for Staff Sgt. Alberto V. Sanchez and Cpl. Luis D. Santos at Soldiers' Memorial Chapel July 19.

**Left:** The boots, identification tags and photos of Staff Sgt. Alberto V. Sanchez and Cpl. Luis D. Santos are displayed in Soldiers' Memorial Chapel during a memorial service in their honor. Sanchez and Santos were killed while serving in support of Operation Iraqi Freedom.

# COMMUNITY

## Retiree wages 10-year battle to clear name

by Elaine Wilson

Army News Service

**FORT SAM HOUSTON, Texas** — John Smith's\* house wasn't ransacked, his wallet never snatched or his life threatened in exchange for a handful of cash on a dimly lit city street.

Yet he was robbed of something he will spend the rest of his life trying to reclaim — his identity.

The crime left him saddled with thousands of dollars of debt, a plunging credit score and costly disputes with creditors that have lasted for more than a decade.

"I've been fighting this battle since 1996," said the retired Army major. "The scary part is I don't know when or if it will ever end."

Smith is a victim of identity theft, one of an estimated 10 million U.S. victims each year, according to the FBI.

Identity thieves steal records, bank statements, mail, credit reports and even "dumpster dive" to obtain personal information. They use the stolen information to open credit card, bank and cell phone accounts, and may even use a stolen identity to get a job or skip out on a court date after an arrest. Victims can spend years recovering their good name and credit record.

### **Sophisticated crime**

"Thieves have gotten more sophisticated over the years," said Brian J. Novak, legal assistance attorney at Fort Sam Houston. "Identity theft offers a way to rob the bank without physically running into the bank and risking violence."

The topic has become a hot one in today's globally connected society where company laptops are stolen and hacked, and consumers regularly send off personal information into cyberspace, and into the hands of "phishers," without a second thought. Along with the personal devastation, the crime has a hefty price tag, costing American businesses and consumers a reported \$50 billion a year, according to the FBI.

Although in the limelight today, 10 years ago identity theft was just barely a household term, particularly for an Army major with a flawless payment history and perfect credit.

### **Troubled homecoming**

Smith was blissfully unaware of any troubles in 1996. He and his family had just served a three-year stint at an Army post in Europe. He returned home and applied for a home loan with the confidence brought about by years of low interest rates. To his surprise, he was denied.

"They told me I had horrible credit," he said. "I couldn't believe it. I never missed a payment on anything."

He immediately ordered a credit report and saw delinquent charge after delinquent charge racked up

throughout the southern half of the country — New Mexico, Colorado, Arizona, Kentucky, Tennessee and California.

Although Smith never physically lost his wallet or ID cards, a thief had obtained his information and was roaming throughout the country posing as Smith, using his name, past addresses and Social Security number.

Smith contacted a few of the creditors and saw the forms the identity thief filled out with handwriting completely different than his own. For a cell phone company, the thief even posed as a carpet cleaner, a job the physician assistant had never held.

In the three years Smith was in Europe, the fugitive had piled up thousands of dollars in debt and left a breadcrumb trail of overdue cell phone bills, delinquent credit cards and exorbitant, unpaid department store purchases.

Smith was shocked.

### **Rebuilding a life**

"He had too much information, more than he could have gotten off of a check," Smith said. "It had to be someone who found information in my wallet while I was at the gym or someone from finance or personnel."

Smith immediately told credit agencies about his situation and ordered a fraud alert so he would be notified whenever someone used his name or Social Security number to apply for credit. He also painstakingly copied records and reports proving he was nowhere near where the debts were incurred.

But for dozens of unpaid creditors, the question was never which was the real John Smith, but which one was going to pay.

Smith's answer every time has been, "not me." "I have a two-drawer file cabinet just devoted to identity theft," he said. "For every discrepancy on my report, I have to make copies and send them through certified mail. It's exceedingly time consuming but I haven't had to pay for a debt yet."

Smith has paid a different price.

"I had bad credit for a while, very poor credit," he said. "Each time I apply for credit I have to go prove that I'm not a bad risk. My

credit has improved a lot but my interest rates are still higher than they should be.

"Even if you win a case, you still lose," Smith said. "You take a loss, whether it's paperwork or credit scores."

### **Haunted by crime**

Smith is still haunted 10 years later by crimes he didn't commit with delinquent notices and threats of lawsuits. He can't change the past, but Smith hopes, by sharing his story, he can help others protect their future.

"Protect your identity," he advises. "Don't leave your personal information unlocked in the gym or in your car. Limit how much information you give out. And check your credit report once or twice a year."

"I made the mistake of not checking my credit annually, especially while I was overseas," he added. "If I had, I may have been able to catch the problem sooner and nip it in the bud before it got as far as it did."

And for those battling with the crime, "Get to a lawyer," he said. "You can get through it but you'll need the help."

For more information on identity theft, visit the Federal Trade Commission Web site at [www.ftc.gov/bcp/online/pubs/credit/idtheft.htm](http://www.ftc.gov/bcp/online/pubs/credit/idtheft.htm).

Fraud alerts can help prevent an identity thief from opening more accounts in the victim's name. Call any of the three consumer reporting companies to place a fraud alert on credit reports. Whichever company the victim chooses to call is required to contact the other two.

• Equifax: (800) 525-6285; [www.equifax.com](http://www.equifax.com); P.O. Box 740241, Atlanta, GA 30374-0241

• Experian: (888) EXPERIAN (397-3742); [www.experian.com](http://www.experian.com); P.O. Box 9532, Allen, TX 75013

• TransUnion: (800) 680-7289; [www.transunion.com](http://www.transunion.com); Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834-6790

**Editor's note:** \*The name was changed to protect the subject's identity. Elaine Wilson writes for the Fort Sam Houston Public Information Office.



## New fraud uses telephone to entrap victims

Better Business Bureau of Southern Colorado

A new fraud called "Vishing," has emerged over the past month. People are phoned at random by an automated telephone system and informed that their credit card has been used illegally.

This is a spin-off of a fraud called "Phishing," whereby a con artist sends an e-mail to a potential victim pretending to represent someone else.

Victims are told to dial a fake 800 number, which connects them to a service requesting the victim provide their credit card number information and bank account number.

The criminals are then free to use this information any way they choose.

This is one of the most advanced scams because it uses something called VoIP, which stands for voice over Internet protocol. VoIP

technology allows con artists to disguise his/her phone number, leading victims to believe the phone call is from a legitimate financial institution.

The Better Business Bureau of Southern Colorado strongly recommends that consumers not give out any financial information by phone or e-mail unless the consumer initiates the transaction with the organization or business.

Visit the BBBSC's Web site at [www.bbbsc.org](http://www.bbbsc.org).



# Community briefs

## Miscellaneous

**Remembrance-reunion event** — First Air Force, Air Forces Northern and the Continental U.S. North American Aerospace Defense Region 9-11 Remembrance-Reunion is set for Sept. 9 and 10 at Tyndall Air Force Base, Fla. The event includes a wreath-laying ceremony, Combined Air Operations Center/F-22 tour and mission briefing, remembrance-reunion dinner and a religious service.

This event will commemorate those who served on Sept. 11, 2001, and also recognizes service members who continue to defend the nation through Operation Noble Eagle. For more information visit the Web site at [www.1staf.af.mil/911/index.htm](http://www.1staf.af.mil/911/index.htm) or call (850) 283-8659.

**Technology exposition** — Fort Carson hosts a technology expo Wednesday from 10 a.m.-2 p.m. at the Elkhorn Conference Center. More than 30 exhibitors will demonstrate the latest in communications, digital automation, integrated power solutions and more. Refreshments will be served and giveaways offered. Preregister at [www.FederalEvents.com](http://www.FederalEvents.com) or call (301) 596-8899 ext. 216.

**MOAA special presentation** — The Military Officers Association of America, Pikes Peak Chapter, invites all active and retired officers to a special presentation by Col. (Dr.) John Cho, commander of Evans Army Community Hospital, Thursday at 7:30 a.m. at Peterson Air Force Base Officer's Club.

Cost of a full breakfast is \$8.50, continental is \$3.50. Reservations are not required. Cho will discuss military medical support to and within the Pikes Peak region, followed by a question and answer period.

**Carson Middle School Registration** — Because of the ongoing construction at Carson Middle School, registration for the upcoming school year has been moved to the Patriot Elementary School cafeteria.

Registration for new and returning students will be Tuesday-Thursday from 8-11 a.m. and 1-3 p.m. Students must have proof of required Colorado immunizations and those transferring from outside Fountain-Fort Carson School District Eight need to bring their school records.

For more information call 382-1610.

**Athletic physicals at CMS** — Athletic physicals will be held at Carson Middle School gymnasium Aug. 10 beginning at 3:30 p.m. Bring \$15 in cash, no checks will be accepted.

**Head Start now enrolling** — Community Partnership for Child Development is currently enrolling children and families for its free preschool and infant/toddler programs including Head Start and Early Head Start. Families with children under 5 including expectant parents who live in El Paso County are eligible to enroll.

Children with special needs are welcome and receive therapy services as part of daily curriculum. Families must qualify to enroll; however, income is not a limiting factor for all programs.

Call 635-1536 for information or visit [www.cpcdheadstart.org](http://www.cpcdheadstart.org).

**ACS changes hours of operation** — All Fort Carson Army Community Service facilities have changed their operating hours. On Mondays, Wednesdays and Fridays the Family Readiness Center, Family Connection and Family University will close at 3:30 p.m. Operating hours are being adjusted due to the reduction in contracted custodial services and the need for ACS staff to perform these services.

Classes scheduled at the FRC will also conclude at 3:30 p.m. on Mondays, Wednesdays

and Fridays. Tuesday and Thursday operating hours will not change.

**Free outdoor climbing wall experience** — The Outdoor Recreation Complex allows users to climb the outdoor climbing wall free each Wednesday through Aug. 16 from 5-8 p.m. All children must be accompanied by an adult.

The Outdoor Recreation Complex is located at bldg 2429, Specker Avenue. Call 526-5176 for details.

**Fort Carson Restoration Advisory Board** — Fort Carson invites the public to learn about environmental restoration projects on post at quarterly restoration advisory board meetings. The RAB meetings offer informative presentations on a variety of ongoing site cleanup projects. Fort Carson is committed to proactive environmental stewardship and needs your input.

The next meeting is Aug. 10 at 6:30 p.m. at the Elkhorn Conference Center, bldg 7300.

For more information on the RAB or to find out about access to Fort Carson for the meeting call 526-8001.

**PPCC Women's Re-entry Events** — Pikes Peak Community College Women's Re-entry Program is designed for women who want to get back into college after being out of school for several years.

All events are free and held on the Centennial Campus, 5675 S. Academy Boulevard. To sign up call 540-7501. "Fear of Returning to College" is Aug. 7 from 6-8 p.m. in room C-103.

**National Night Out** — National Night Out is also known as American's Night Out Against Crime. This year's event will be held Tuesday at Fort Carson's Main Post Exchange parking lot.

NNO is designed to heighten crime and drug prevention awareness and strengthen the spirit of neighborhoods and community partnerships.

Come join Army Community Service and other organizations on post as they celebrate NNO. For details call 526-4590.

**Hypertension class** — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, bldg 1526.

To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

**Women's Equality Day workshop** — Fort Carson hosts a Women's Equality Day workshop Aug. 14 from 8 a.m. to 4 p.m. at the Elkhorn Conference Center, bldg 7300. Cost is \$5 per person and includes lunch.

Please note the reduced rate. A choice of menu is being offered: vegetarian, roast beef or turkey. A free information fair will be held throughout the day.

Please R.S.V.P. by Aug. 7 by contacting Barbara Dowling or Patricia Rosas at 526-0864 or 526-5818.

**Post Traumatic Stress help** — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr.

Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

**Alcoholics Anonymous** — Alcoholics Anonymous meetings are held at Veterans Chapel Wednesdays at 6 p.m. For more information call 322-9766.

**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590

Fort Carson's Army Community Service (ACS)  
**Mayoral Program Presents**



**Tuesday, 1 August**  
**12:30 P.M. to 3:30 P.M.**  
**Main PX Parking Lot**

Crime Awareness Information, McGruff "The Crime Dog",  
Self Defense Demonstrations, K9 Obedience Training Demonstration,  
and Kids Finger Printing, DUI Goggles Experience,  
Fun, Entertainment and an Art & Essay Contest.

(Contest rules can be picked up at the ACS Mayoral Program office in the Family Readiness Center, Bldg. 1526. For more information, call (719) 526-4590.)

**West Nile Virus Precautions** — Post residents should eliminate mosquito breeding sites on post by removing standing water in ponds, gutters, flower pots, cans, tires and puddles, as well as garden equipment, toys and pool covers. Water in birdbaths and wading pools should be changed weekly.

Dead birds should be reported to Directorate of Environmental Compliance and Management at 526-5141 during duty hours or military police at 526-2333 during non-duty hours.

**Temporary shortages in commissary** — Affiliated Foods is withdrawing from the military market as of Tuesday. There may be shortages of certain products or sizes on commissary shelves but officials said there will be alternative sizes or brands available.

**Claims against the estate** — Anyone with claims against the estate of or indebtedness to Sgt. James P. Muldoon, deceased, should contact 1st Lt. Branden Graversen at 524-1173.

• Anyone with claims against the estate of or indebtedness to Staff Sgt. Marion Flint Jr., deceased, should contact 1st Lt. Branden Graversen at 524-1173.

• Anyone with claims against the estate of or indebtedness to Staff Sgt. Alberto Virrueta Sanchez, deceased, should contact Capt. Kathrin C. Loeffert at 526-3880.

• Anyone with claims against the estate of or indebtedness to Pfc. Benjamin Alan Rausch, deceased, should contact Capt. Benjamin Jackman at 524-3456.

# How do you pray in times like these?

Commentary by Chap. (Lt. Col.)

Michael T. McEwen

1st Mobilization Brigade



The problems that deployed troops face and the mind-set of those of us who

love and care for them have given me, as a chaplain, some special concerns when I am asked by Soldiers and family members alike, "What should I pray for?"

It is obvious that we would want to pray for peace ... for the well-being of our loved

ones ... for those who suffer from the losses of armed conflict. These are natural responses for those of us who are so closely connected to the Fort Carson community.

What are some wider cares and concerns that address the more general issues that face people of faith?

For me, there is a quotation from the Jewish-Christian scriptures that seems to be an ideal general formula: "*What does the Lord require of you but to do justice, love mercy, and walk humbly with your God?*" (Micah 6:8.).

"*Do justice ...*" I think that Americans believe we are in the service of justice. Of course, we can argue interminably about whether a particular situation or action is just, but we do not argue about the principle of justice. So, I believe we should pray, "God, please direct me and my country into the way of justice and truth."

"*Love mercy...*" There are many ways to define mercy, but I think a good one is to see mercy as thoughts and actions that always do what is kind and gentle when there is the option of doing something that is violent or aggressive. This does not mean to be some kind of wimp who is always ready to roll over when faced by threat. It does mean to choose not to be vengeful when forgiveness is the option.

The prayer would be something along the lines of, "God, help me to always show mercy when I feel the need for revenge."

"*Walk humbly with your God.*" This may be the most difficult of the three. For one thing, it is hard to know if you are not being humble because you have to be humble to know that you are. Not being especially good at humility, I need some outside help, which is one of the things I pray for: "God, I know that I tend to follow my will and to assume it is right. Help me see the value in the ideas, opinions and actions of others so that I will not automatically assume they are wrong, just because I do not see them the same way you do from your perfect perspective." How many times have I thought I was right only to find out later that I was not ... and I did not see this until I was able to get a wider view of a situation ... the kind of wider view that is always available to God. If I remember that I am not God and cannot therefore see the world as he does, then I am moving toward proper humility.

No honest prayer is wrong, but it might not be in the best accord with God's will. If I remember to pray so that I may do justice, love mercy and walk humbly with God, then I think I am very likely to be trying to do what he wants, even when I fall short.



## Chapel

**Catholic religious education** — The Catholic Religious Education process will begin Sept. 10. Registration forms will be available at Soldiers' Memorial Chapel in the library in August. For more information contact Pat Treacy at 524-2458.

**Native American Sweatlodge ceremony** — The Fort Carson Native American Sweatlodge (He Ska Akicit Inipi) will host its next lodge Sunday at noon. These lodges are traditional Lakota spiritual ceremonies for cleansing, purification and prayer. Those interested in attending should contact Michael Dunning at 382-5331 or 330-9537 or Zoe Goodblanket at 442-0929 for more information.

**Protestant Sunday school** — Registration for Protestant Sunday school begins in August. For more information call 526-5626.

**Summer worship** — Summer worship at Soldiers' Memorial Chapel is held Sundays at 11 a.m. Children's church for those age 4-12 is held during the worship service. Youth activities are held monthly.

**PWOC** — Protestant Women of the Chapel has begun its summer study, "An Ordinary Day with Jesus." PWOC meets Tuesdays from 9-11:30 a.m. at Soldiers' Memorial Chapel. Child care is provided free at the hourly daycare center. Children must be registered with Child and Youth Services. For details on child care call Amy West at 393-1390. For information on PWOC call Barb Styles at 598-0422.

**Gospel revival** — A revival: "Building Strong Leaders" will be held Monday-Aug. 4 beginning at 7 p.m. daily at Prussman Chapel. Guest speakers from the Colorado Springs community have been selected. Scripture for the event is 1 Timothy 6:12-16.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zusi/526-8890
Tuesday	7 p.m.	PYOC	Veterans'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoan	Veterans'	Titus	Chap. Pies/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

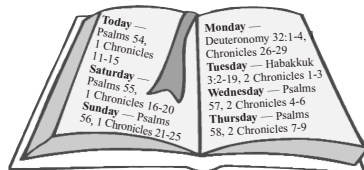
### WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



**The Army Cycle of Prayer** — Please pray this week for the following:

**Unit:** For the Soldiers and leaders of the Army Special Operations Command, headquartered at Fort Bragg, N.C. and forward deployed throughout the world.

**Army:** For the 25,000 men and women of the Army Warrant Officer Corps in the celebration of its 88th birthday.

**State:** For the Soldiers and families from the state of Utah. Pray also for Gov. Jon Huntsman, the state legislators and local offi-

cials of the Beehive State.

**Nation:** For the Secretary of Housing and Urban Development, Alphonso Jackson. Pray for the agency in its mission of providing affordable housing and promoting current economic development for every American.

**Religious:** For all Soldiers and families from the Wesleyan Church.

Pray also for the chaplains endorsed to military service by this community of faith. Visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com)

## Upcoming mayoral elections offer Carson villagers a voice

by **Joey Bautista**

*Army Community Service*

Fort Carson is not just a military post, it is also a community, a community of families working and living together.

As such, these families, these villagers, need a voice of representation. They need dedicated and willing people to serve as advocates for them. These people are mayors.

Each village on Fort Carson has an elected mayor who speaks for his or her residents. It's time for the villagers to make their choice and decide who will represent them. It's time to vote.

Every year, residents elect a mayor for their designated village. All village mayor positions are open for anyone living in Fort Carson Family Housing. There are 14 villages throughout the Fort Carson community.

Any one interested in running for the village mayor position, will need to fill out an application prior to Aug. 14 to be on the ballot for the mayoral election.

The election will be held Aug. 23-24. This is when villagers will decide who will best represent their needs. Residents will be able to vote from 9 a.m.-4:30 p.m. at various locations on post.

Votes may be cast at Army Community Service, Army and Air Force Exchange Service, commissary,

and Evans Army Community Hospital. There will also be a Directorate of Morale, Welfare and Recreation vehicle driving through the villages on these two days to help accommodate residents to vote.

How well a village operates is based on how hard a mayor works. Being a mayor is a challenging but rewarding job. The mayor is a resident's link to key information on events within the Fort Carson and Colorado Springs community. Mayors publish and distribute monthly newsletters, gather village issues, concerns and suggestions within their village.

Each month mayors will attend a meeting chaired by the garrison commander, garrison command sergeant major and representatives from each of the various offices: family housing, Provost Marshal's Office, Directorate of Public Works-Housing and other community partners.

At the meeting, they voice concerns that help insure residents' quality of life is constantly improved and sustained. As a whole, mayors pursue the best interest and welfare of their village and serve the needs of their friends and neighbors.

If you want an active role in your community, be a mayor.

For more information on becoming a mayor visit the Army Community Services Mayoral Program or call 526-1082/4590.

## No free credit monitoring services for veterans

by **Beth Reece**

*Army News Service*

WASHINGTON — The White House withdrew its funding request Tuesday for free credit monitoring services for the 26.5 million veterans and family members whose information was thought to be impacted by the May 3 theft of a Department of Veterans Affairs computer.

Veterans Affairs Secretary R. James Nicholson announced the recovery of the stolen computer June 29, eight days after he announced that the agency would provide one year of free credit monitoring to those whose Social Security numbers and birthdates were feared stolen.

"The FBI has a high degree of confidence — based on the results of the forensic tests and other information gathered during the investigation — that the sensitive data files were not accessed or compromised," said White House Budget Director Rob Portman in a letter to House Speaker J. Dennis Hastert.

"On the basis of the FBI's analysis, the administration has concluded that credit monitoring services and the associated funding will no longer be necessary," Portman added.

Despite good news that the database was uncompromised, VA

continues soliciting bids from companies that provide data-breach analysis to ensure information is kept secure in the future, according to VA Spokesman Matt Burns.

"The VA has funds in its budget that can be used for this purpose," Burns said, "and there will be no diminution in the quality of health care and other services provided to veterans as a result of this expenditure."

Since the theft, numerous personnel changes have taken place in the Office of Policy and Planning, where the breach occurred. VA has also hired a special advisor for information security and re-energized its cyber security and privacy awareness training.

As FBI's "high degree of confidence" is not 100 percent assurance that veterans' personal information is safe, Army officials recommend Soldiers continue monitoring their credit reports.

The Fair Credit Reporting Act requires each of the nation's consumer reporting companies — Equifax, Experian and Trans Union — to provide one free credit report a year to each citizen, per the individual's request.

To receive a free credit report, go to [www.annualcreditreport.com](http://www.annualcreditreport.com) or call (877) 322-8228.

# Women's Equality Day celebrated Aug. 26 — Celebrating Women's Right to Vote

by Patricia Rosas

*Equal Employment Opportunity Office*

On July 13, 1848, five women met for tea in upstate New York. Having commiserated about the lot of women in American society, they did something brash and wonderful ... they sent off a notice to the local newspaper announcing "a convention to discuss the social, civil and religious conditions and rights of women" to be held six days later in Seneca Falls.

Convention participants drafted a Declaration of Sentiments which began: "We hold these truths to be self-evident, that all men and women are created equal ..." Only one woman, Charlotte Woodward, lived to see women win the vote.

On Aug. 26, 1920, after a 72-year struggle, the 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote nationwide. However, the path of equality has not been lined with red roses.

Let's take a peek back to the 1950's. Basically, men and women lived in two different worlds; the woman's place was in the home. Her role was to marry and raise a family. If she was bright, common knowledge was that she should conceal her intellect. She was not to have career ambitions, although she could work for a few years before marriage as a secretary, saleswoman, schoolteacher, telephone operator, social worker, librarian or nurse.

Women were not to be opinionated or assertive. Men, on the other hand, were the decision-makers and activists. They were the ones who became

presidents, legislators, generals, police chiefs, school principals and corporate executives. This was the way things were for most of society.

The 1960's started to show a glimmer of hope. Title VII of the 1964 Civil Rights Act changed America. Title VII was much broader than the Equal Pay Act of 1963. It prohibited discrimination not only in pay but in all terms and conditions of employment including advertising for employees, pre-employment, inquires and testing, job qualifications, hiring and firing, promotions, and medical and pension benefits. The standard for equality had been set.

American society has undergone massive changes. Women are now found in large numbers in professional schools, professions, executive suites, legislatures, Space, and battlefields around the world. They work a host of technical and blue collar jobs previously closed to them.

The progress is astounding, but there is more to be done.

Women and children make up 75 percent of the poor in this county, and the majority of minimum wage workers are women.

A 1999 report estimated that annually 50,000 women and children are illegally smuggled across borders and brought to the U.S. to be used as restaurant workers, domestic servants, sweatshop laborers, prostitutes and sex slaves.

Over the past five years, the number of uninsured women has grown three times faster than the number of uninsured men.

The struggle remains for millions of

Americans and in third-world countries, were basic human rights are denied. Basic human rights for women in third-world countries shows statistics far more dismal.

The right to vote was a major accomplishment in 1920 as was the Civil Rights Act in 1964. Today, women are uniting around the globe continuing the struggle for equality.

Please join with the Mountain Post community as we celebrate Women's Equality Day on Aug. 14, from 8 a.m.-4 p.m. at the Elkhorn Conference Center with a general information fair, training workshops and guest speakers.

The opening speaker will be Command Sgt. Maj. Dolishia K. King, 2nd Brigade Support Battalion, and the day's activities will conclude with Mary D. Petryszyn, vice president of Joint Battlespace Integration Colorado Springs, Colorado Integrated Defense Systems, Raytheon Integrated Defense Systems.

Workshop instructors include Frances E. Jefferson, administrator of Region VIII, Women's Bureau, U. S. Department of Labor, responsible for programs related to the Women's Bureau initiatives in Colorado, Montana, North and South Dakota, Utah and Wyoming; Kathy Boe, president and CEO of Boecore, Inc., in Colorado Springs; Ruth Meinking, a counselor, facilitator and teacher also of Colorado Springs.

To register for the Women's Equality Day Program call Barb Dowling at 526-0864 or e-mail [barbara.dowling@carson.army.mil](mailto:barbara.dowling@carson.army.mil) or Pat Rosas at 526-5818 or e-mail [patricia.rosas@carson.army.mil](mailto:patricia.rosas@carson.army.mil).



# Community Policing



## Department of the Army Police



**Name:** Cpl. James F. Soltys

**Experience:** Soltys has been assigned to the Office of the Provost Marshal, Department of the Army civilian police since June 2004. Soltys currently works as a DA Police officer assigned to the Fort Carson Police.

**Quote:** "Stand up for what is right!"

## Alutiiq-Wackenhut Security Services



**Name:** Officer Luis Marques

**Experience:** Marques served 20 years in the Army and retired a staff sergeant in the air defense. Marques currently works as a security officer for A-WSS providing security for the Fort Carson community.

**Quote:** "Go Army."

## Military Police



**Name:** Spc. Kyle T. Wilmott

**Experience:** Wilmott has been on active duty for two years and currently is assigned with the 59th Military Police Company. Wilmott's operational deployment include one tour to Iraq and currently serves the Fort Carson community with law enforcement duties.

**Quote:** "Honor before victory brings no fear in death."

## Smith meets garrison employees, shares philosophy

**by Douglas Rule**

*Public Affairs Office*

Trust, loyalty and teamwork were the themes that ran through the garrison commander's briefing to civilian employees July 19 and 20.

Col. Eugene Smith took the opportunity early on in his tenure to meet the garrison employees and let them know a little about him.

"I am way grateful to join your team," he said. He went on to say that Fort Carson has a good reputation throughout the Army for innovation and getting the job done well.

In terms of trust, he said that all members of the team have to trust each other to accomplish the mission, that every one in the garrison is a professional and knows how best to do their job. He said that he trusts his directors to get the job done and that he will have to rely on their expertise in their respective fields.

In terms of teamwork, Smith said he expects the garrison employees all to work as a team. He

expects to be told possible solutions to problems as he said that he did not have all the answers, but expected that if the garrison works as a team, solutions to problems could be found. Smith said that to effect this, he expected two-way communication, that he would have an open-door policy, although he would expect employees to try to work things out at the directorate level first, and that he expects each individual to be treated with dignity, that each idea and solution be given the same consideration. He also expects that each individual will do what is right and if something is done wrong — illegally or unethically — he expects employees to let the appropriate authority know that something is wrong.

In a passing reference to the budget cuts, he stressed that the garrison must do the best it can with what it has and to focus on the important issues of the getting the mission accomplished: supporting the Soldiers.

He stressed that each employee is a leader. To that, workforce development is important. Those who are working jobs here at Fort Carson today will

be tomorrow's Installation Management Agency's leaders. To not develop good leaders today would cheat the Army in the future, he said. He said he would like to see more coaching and mentoring by those who have the expertise and knowledge to pass down to their subordinates.

He ended with the resolution to visit every directorate and meet as many of the employees as possible. His first visits began last week.



**Smith**



# Youth Adventure Camp

by Nel Lampe  
Mountaineer staff

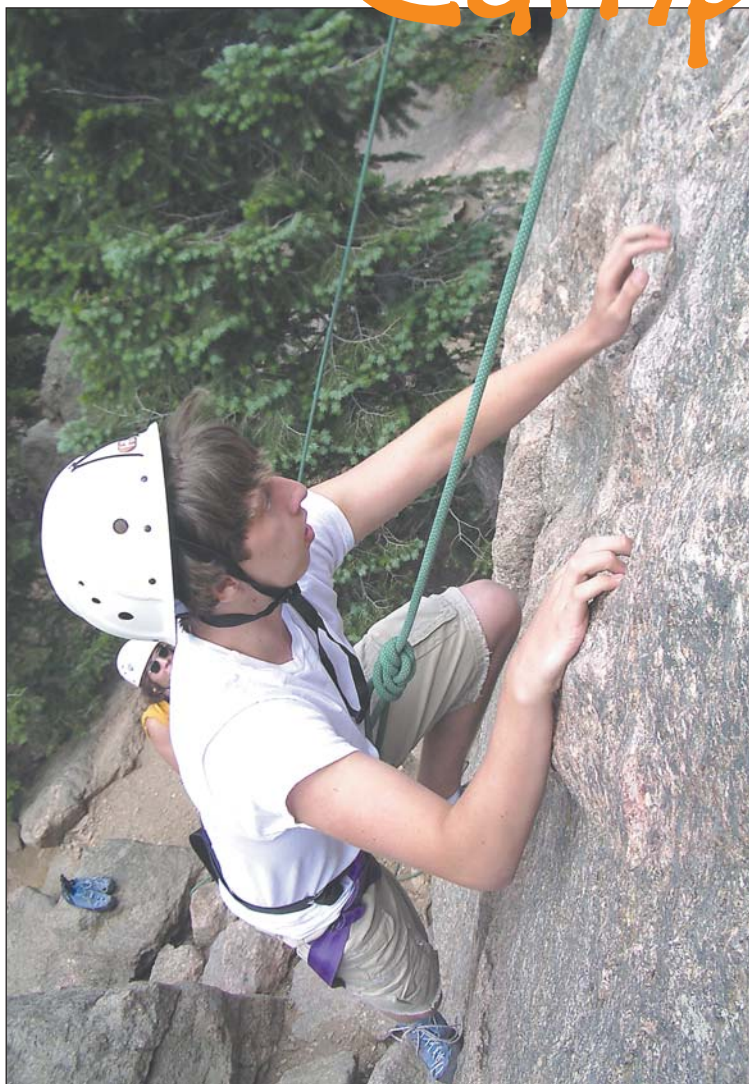


Photo by Kellen Sams

Cliff Chatfield climbs a rock at Eleven Mile Canyon State Park during the first day of Outdoor Recreation's Youth Adventure Camp.

Layout by Jeanne Mazerall



Photo by Nel Lampe

Participants take part in a debrief and feedback session at the conclusion of Youth Adventure Camp.

It's the kind of camp a kid might dream about: a week in the Rocky Mountains — rock climbing, hiking, horseback riding, mountain biking and white-water rafting, with a group of youths interested in the same outdoor activities. What an adventure.

It's not fantasy, it's Youth Adventure Camp: Level 1. Outdoor Recreation, as part of its Adventure Programs and Education, has been offering several sessions of an APE Wilderness Adventure camp for youths between the ages of 11-16 for the past four years. For one week, from 7 a.m.-4 p.m., participants receive in-depth instruction and participate in a variety of activities. Transportation and necessary equipment are provided and the youths bring their own water and lunch.

Youths enrolled in the first adventure camp of the season were transported to Elevenmile State Park early June 19 for a day of rock climbing.

The second day was spent hiking at Mueller State Park Wildlife Preserve.

June 21 the campers went to Turkey Creek to learn about horses and to take a two-hour trail ride. Later, participants tried their hand at roping a straw bale with a fake steer head attached.

The fourth day, the 10 adventurers, equipped with bike helmets and mountain bikes, began a 23-mile bike ride, mostly downhill, beginning at upper Gold Camp Road.

The last day was the highpoint of the camp for

many participants — white-water rafting. The adventure campers joined other wannabe rafters for a half-day trip along the Arkansas River near the Royal Gorge.

Down time after primary activities was spent in "challenger initiatives meant to increase the cohesiveness of the group and create a learning experience through metaphor," said Kellen Sams, an intern who led the group, along with intern Heather Kiddoo. "The campers performed 'tasks' by working together. They also climbed the indoor and outdoor wall, played volleyball, learned about horses, tried roping and played horseshoes.

"Clearly, they had fun," Sams said.

Was it the "week they'll never forget" as promised by the brochure?

Ask Cliff Chatfield and his brother Alex Hinckley, who came from Kentucky to attend the camp.

"We used to live here, and we knew about the camp" said their mother as she filled out paperwork prior to the first session. "Cliff attended last year, and he's back this year, along with his younger brother Alex."

E-mail addresses were exchanged among the participants at the feedback session at the end of the last day's camp. Some of them talked about returning for an adventure camp next year.

For information about the Youth Adventure Program contact Outdoor Recreation at 526-3907.



Photo by Kellen Sams

Left: Youth Adventure Camp participants hike at Mueller State Park Wildlife Preserve.



Photo by Kellen Sams

Members of Outdoor Recreation's Youth Adventure Camp are saddled up for a trail ride at Turkey Creek Ranch.



Photo by Kellen Sams

Chris Kelley tries his hand at roping a straw bale "steer" at Turkey Creek Ranch.



Photo by Nel Lampe

Left: Kellen Sams, right, issues a helmet to Alex Hinckley as members of the Youth Adventure Camp get ready to go white-water rafting.



Photo by Kellen Sams

Jaryd Woolak, left and Outdoor Recreation intern Heather Kiddoo lead the mountain bike ride which started at Gold Camp Road.



# Out & About

July 29- August 4, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)



## Summer Concert

in the park

every thursday, july 6 - august 10  
iron horse park

world's most dangerous band - August 3  
blue steel - August 10

All performances are **FREE** and begin at 6:00 pm

for more information **526-4494**

FORT CARSON AND ADELPHIA COMMUNICATIONS  
ARE PROUD TO PRESENT

## MOVIE Under the STARZ

Come watch movies old and new!

The Adventures of Shark Boy and Lava Girl - August 3  
Zathura - August 10

Every Thursday from July 6 to August 10 at Iron Horse Park.

Admission is **FREE** and the show starts right after the Concert.  
Make it a movie night each week with the family.

For more information call **526-4494**

Movies provided by:

**Adelphia**



Come enjoy the breath-taking, 18-hole championship golf course, located at 7800 Titus Blvd, near Evans Hospital. Year round golf is available and group and private lessons can be scheduled by calling 719-526-4102. See you on the course!



Join us for lunch at Mulligans Grill,  
Monday - Friday, 11 a.m. - 2 p.m.

It's a long way to the top...

## Come and scale the Outdoor Climbing Wall for

# FREE



Every Wednesday  
June 28 - August 16  
1700 - 2000  
Bldg. 2429, Specker Avenue  
All children must be  
accompanied by an adult  
POC: 526-5176





# ORIOLE / NEW OPEN VORT

Serene beauty —



# Happoemins



Places to see in the  
Pikes Peak area.  
July 28, 2006

The conservatory in Denver Botanic Gardens houses a tropical forest. Several varieties of palm trees and orchids are in the forest.

**Story and photos by Nel Lampe**  
Mountaineer staff

**D**enver Botanic Gardens is one of the nation's top botanic gardens and provides thousands of plants to be seen and enjoyed by more than half a million visitors each year.

The 23-acre site is especially splendid in summer, with acres of green grass, wide walking paths, trees, pieces of art, flowers, bushes and themed gardens.

The Botanic Gardens has Japanese-style gardens. A French-style Monet Garden features plants from Monet's paintings. A Birds and Bees Walk shows

See **Botanic** on Page 26



**Above:**  
Visitors  
stroll  
through  
one of the  
themed  
gardens.

**Right:**  
Many  
varieties of  
orchids are  
in the  
conservatory  
at Denver  
Botanic  
Gardens.

**Left:**  
Pools,  
plants and  
fountains  
create a  
serene  
scene at  
Denver  
Botanic  
Gardens.





## Botanic

From Page 25

how pollinators contribute to our environment. A Rock Alpine Garden shows high altitude gardening. A Herb Garden, a Scripture Garden, Shady Lane and Romantic Gardens are also featured.

There are gardens that appeal to children, such as a Children's Secret Path with activities and surprises just for children.

Sculptured bushes, benches and statues are scattered around the grounds. As the "Birdhouse Bash," a competition for bird-house designers, was held earlier this month, watch for unusual birdhouses throughout the gardens.

The Denver Botanic Gardens has a large collection of water lilies blooming in ponds and pools.

Special events and exhibits are regularly held in the gardens, including summer concerts, weddings and social events.

A couple of outdoor cafes are open for light refreshments and lunch.

In addition to the outdoor gardens, visitors should visit the glass-covered conservatory where tropical flowers bloom year-round, along with exotic, rare and endangered plants. A tropical forest includes many palm trees, including species that are rare. Varieties include coconut, bottle palm, fan palm and fern palm.

The conservatory also has several varieties of bamboo, mango and banana trees.

Tropical flowers are throughout the conservatory as well as several hundred varieties of orchids in its tropical forest.

Pathways through the tropical forest are imprinted with patterns of leaves and animal tracks and fossil leaves are embedded on the walls.

Decks, platforms and railings in the conservatory are made of cypress wood.

A section of an artificial "banyan tree" houses the elevator. The artificial banyan tree is a duplicate of a section of a real banyan tree, probably 150 feet high, that was knocked over by lightning.

Visitors can take the banyan tree elevator or the stairs to the upper viewing deck, where visitors can see all levels of the tropical forest.

Denver's Botanical Gardens came about when transplanted residents longed to grow plants they had enjoyed while living in other locations. Colorado climate and conditions were unsuitable for growing many plants people were familiar with.

The Denver Botanical Gardens first served an educational purpose, demonstrating which plants could grow and thrive in Colorado. People came to visit the garden oasis for pleasure as well as to learn about

plants that would grow in the Denver area. The gardens became a cultural meeting place.

The conservatory was built several years later, allowing visitors to enjoy the gardens year-round. The conservatory was renovated and updated a few years ago.

Frequent events are held at the Botanic Gardens, such as a bird house competition, flower and plant sales, special flower shows and concerts.

To learn about the special events, go to [www.botanicgarden.com](http://www.botanicgarden.com), or call (720) 865-3544. Denver Botanic Gardens hosts the popular "Blossoms of Light," during the holiday season, from Dec. 2-Jan. 21.

A large gift shop near the front entrance features plant-related books, gifts and decorative items.

A special photo exhibit "Gardens of Light" is in Gates Garden Center through Aug. 21. Photos are by Denver Botanic Gardens' official photographer, Scott Dressel-Martin.

Affiliated with the Denver Botanic Gardens is Chatfield, a 750-acre nature preserve. Chatfield has nature trails, picnic areas and a historic farm. Chatfield has a corn maze which will be open Sept. 8-Oct. 31, from Friday-Sunday. A Pumpkin Patch will be held Oct. 14-15 at Chatfield.

Chatfield is at 8500 Deer Creek Canyon Road, which is about 11 miles west of Interstate 25 off C-470. For information about Chatfield call (303) 973-3705 or go to the Denver Botanic



A bird makes a stop on one of the large lily pads in the water garden at Denver Botanic Garden.

Gardens web site at [www.denverbotanicgardens.org](http://www.denverbotanicgardens.org) and click on "general information" then click on "Chatfield."

Denver Botanic Gardens are open daily from 9 a.m. to 8 p.m. Saturday-Tuesday in summer. Wednesday-Friday, the gardens are open 9 a.m.-6 p.m. Admission is \$8.50 for adults and \$5 for children 4-15. Children under 4 are admitted free.

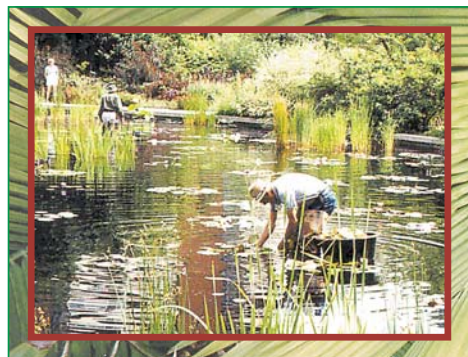
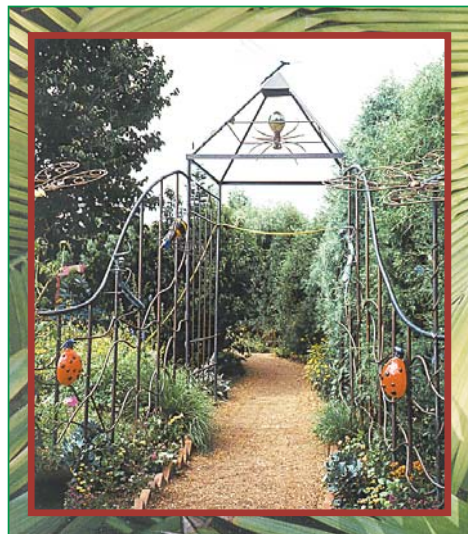
Winter hours are 9 a.m.-5 p.m., and admission is \$1 less.

Free admission days are scheduled for Aug. 14, Sept. 14 and Oct. 16.

Denver Botanic Garden is at 1005 York St., just east of downtown Denver, phone (720) 865-3500. York intersects East Colfax. Or, take the Colorado Exit, going north to 13th, turn left, and go south on York.



**Above:** A large tropical plant grows in the glass conservatory. **Above right:** Oversize lady bugs and spiders are in the children's garden. **Right:** Workers wade in the water gardens to pull out dead plants at the Denver Botanic Gardens.



### Just the Facts

- **Travel time:** just over an hour
- **For ages:** all
- **Type:** botanic gardens
- **Fun factor:** ★★★★★  
(Out of 5 stars)
- **Wallet damage:** \$\$ entry  
\$ = Less than \$20  
\$\$ = \$21 to \$40  
\$\$\$ = \$41 to \$60  
(Based on a family of four)

## Get Out!

### World Theatre

#### The Colorado Festival of World Theatre

runs through Sunday in theaters in Colorado Springs and Woodland Park. The final production of "Toxic Audio" is today. "Frogz," "Shakespeare's Villains," and "Emergence-SEE!" continue through Saturday. "Frogz," in Woodland Park High School theater, has discounted tickets for military members and their families. For tickets call (719) 955-2599 or go online at [www.ColoradoFestival.org](http://www.ColoradoFestival.org).

### El Paso County Fair

The 101st El Paso County Fair runs through Saturday at Calhan, about 45 minutes east of Colorado Springs on Highway 24. Saturday is American Heroes Day, and all military, police and firefighters get \$1 off admission. General admission is \$7 for adults and \$3 for ages 3-12. Children under 3 are admitted free. For activities, go online to [www.elpasocountyfair.com](http://www.elpasocountyfair.com).

### Free concerts

Every Wednesday there's a free concert at 6 p.m. in America the Beautiful Park. The park is near Interstate 25 and Bijou Street. Concerts are cancelled in case of rain.

Free Friday concerts are 5-7 p.m. at the park in front of Cinemark Theatre at First and

Main Town Center, near Powers Boulevard and North Carefree.

**There's a free concert in Ironhorse Park at 6 p.m. every Thursday until Aug. 10.**

### Lt. Dan Band

Gary Sinise and the Lt. Dan Band will perform a free show Aug. 12 at 7 p.m. in the Special Events Center. Call 526-4494 for information. Sinise is in the television series "CSI: New York."

### Free art performances

The Pueblo Performing Arts Guild presents a street gala, "Taking it to the Street" Aug. 12, 4-9 p.m. on Main Street, between 4th and 6th streets. A wide array of performers will be on three outdoor stages. Vendors will be on hand as will roaming performers. For information go online to [www.PuebloPAG.org](http://www.PuebloPAG.org).

### Colorado State Fair

The Colorado State Fair at the State Fairgrounds in Pueblo runs Aug. 25 through Sep. 4. Tickets are sold for concerts at the fair which include Rick Springfield, Seether and Trap, Howie Mandel, Blake Shelton, Carrie Underwood, Neil Sedaka, Big and Rich with Cowboy Troy, Los Lonely Boys, Freddy Fender and REO Speedwagon. Tickets range from \$12 to \$30; call 520-9090 or (303) 830-tixs or go online at [www.Coloradostatefair.com](http://www.Coloradostatefair.com).

**Rockies appreciate military**  
**Coors Field has military appreciation days at Colorado Rockies games** with the Milwaukee Brewers in July and August, the

New York Mets in August and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and a credit card must be used. This offer is not available at Coors Field ticket windows. See the post Web site, [www.carson.army.mil](http://www.carson.army.mil) for more information.

### Sky Sox hosts military Sundays

Sky Sox Baseball Club honors troops with military Sundays. All military and Department of Defense families get 50 percent off Sunday home game tickets at the box office. Sunday games include Aug. 6 vs. Albuquerque Isotopes; Aug. 13 vs. Salt Lake Stingers and Sept. 3 vs. Sacramento River Cats. Go to [www.skysox.com](http://www.skysox.com) for information. The stadium is near Powers Boulevard and Barnes Road.

### Denver Grand Prix

Free vouchers are available for Department of Defense identification cardholders for the Denver Grand Prix Aug. 11-13. For information call Public Affairs at 526-1269.

### Castle Pines golf tournament

The International PGA Golf tournament is near Denver Aug. 10-13. Free tickets are available at Fort Carson's Cheyenne Shadows Golf Course. For information call Frank Jacobson at 526-4102. Castle Pines is reached from exit 184 off Interstate 25 north. For more details about the golf tournament go to [www.golfintl.com](http://www.golfintl.com).





Photo by Nel Lampe

## Hornbek Homestead Days

*Florissant Fossil Beds National Monument celebrates Hornbek Homestead Days Saturday and Sunday from 10 a.m.-3 p.m. Staff and volunteers in period costumes will demonstrate life in the 1880s and serve lemonade and cookies at the homestead. The only cost is \$3 for anyone older than 16 to enter the Florissant Fossil Beds National Monument. Go 35 miles west on Highway 24, at the town of Florissant go south on Teller County One.*

## Buster's Baghdad

by Maj. James D. Crabtree



# SPORTS & LEISURE

## Martial arts coming to post exchange



Matt Swortwood, right, and Spencer Hooker workout on mixed martial arts maneuvers Friday in Colorado Springs.

**Story and photo by  
Walt Johnson**

*Mountaineer staff*

There will be plenty of elbow jabbing, jostling and fighting going on at the post exchange Aug. 5 and it won't have anything to do with a sale taking place on the premises. The post exchange parking lot will be the home for an exciting brand of boxing as 11 mixed martial arts bouts will take place beginning at 6 p.m.

Exchange management, in association with a local martial arts boxing promoter, will bring the bouts to the post, featuring fighters from Fort Carson, according to Lazarus Salas, who is co-promoting the event.

"We, (Brian Lee, a mixed martial arts boxing promoter who has been in Colorado for 18 months) in conjunction with the management at the post exchange came up with an idea to do something for the Soldiers. To our knowledge this is something that has never been done at Fort Carson before. The post exchange people have been great about this (putting on the show in the parking lot) and when they told me I could do this I thought about Brian and his people because they have been doing mixed martial arts here in Colorado Springs

for some time," Salas said.

"People think of mixed martial arts as something new but the reality is it's been around for thousands of years. In mixed martial arts you can do strikes with your hands, feet, elbows or knees. You also do grappling and look for submissions and take downs. Right now mixed martial arts are probably the world's fastest growing sport because it is a highly competitive sport," Salas added.

Lee said he is confident the people of the Mountain Post will enjoy the event since the sport of mixed martial arts has come a long way in the past decade.

"When I moved out here from California I found there wasn't as much interest in boxing as there is in mixed martial arts boxing. A lot of states have looked at it as barbaric because eight to 10 years ago you could take a 145 pound man and fight him against a 300 pound man because there was no sanctioning body governing the sport.

"Now we have weight divisions and I usually match the guys up within five pounds of each other to get the bouts more competitive and you really don't run the risk of someone getting seriously hurt," Lee said.

## Mountaineer Beat the Heat



### Pool time

Going to the outdoor swimming pool has proven to be a great way to cool off during this latest heat wave that has hit the Fort Carson area. Steve Neeley, left, took advantage of the great weather to spend some family time with his son Ross and daughter Sarah Saturday. The post outdoor swimming pool is open from 10 a.m. to 5:45 p.m. seven days a week.

Photo by Walt Johnson



## On the Bench

### **Deadline today for youth tackle football season sign ups**

**by Walt Johnson**

*Mountaineer staff*

**The post youth center is currently accepting registrations for the upcoming football season on post.**

In addition to football sign ups, the youth center is also signing up people interested in cheerleading for the upcoming football season. Registration is being accepted until Aug. 11. For more information contact the youth sports office at 526-1233.

**The Colorado Rockies are celebrating their next military appreciation day at Coors Field Monday, Tuesday and Wednesday when it hosts the Milwaukee Brewers at 7:05 p.m.**

The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for \$6 per ticket. In order to get the tickets call (303) 762-5437 and say you are calling for the military appreciation days tickets.

These tickets will not be available at the stadium ticket windows. You must state that you are an active member of the United States military or a military veteran and provide reference number: 741532.

There will be two other chances to take advantage of this event. The next dates for the military specials will be Aug. 29 to 31 (New York Mets) and Sept. 7 to 10 (Washington Nationals).

**The post running team is looking for runners to help form this year's squad.**

The team trains year round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the Special Events Center at 6 a.m. on Tuesday, Wednesday and Thursday.

The team is looking for runners in the open men's, open women's, master's and open

See **Bench** on Page 33



Photo by Walt Johnson

### **Climbing high**

*A young climber looks out from the climbing wall on post during a training class July 20. Free climbing classes and training on the climbing wall are conducted each Wednesday at the Outdoor Recreation Complex.*



Photo by Walt Johnson

## Mom's attention

*Adrian Wiles consoles her son Darius after the young athlete was accidentally struck by a rubber baseball bat during youth baseball action Saturday. Darius was all right and returned to the game.*

## Bench

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mixed team categories. For more information on the post running team contact Martin Wennblom at 330-0554 or Bill Reed at 524-1163.

**Rocky Mountain State Games officials are looking for volunteers. The Rocky Mountain State Games will be played Aug. 4-6 at the Mountain Post and in the Colorado Springs and Denver areas.**

More than 6,000 athletes are expected to converge on the Denver and Colorado Springs areas to play in more than 29 events as this year's Rocky Mountain State Games get under way. This year's event is a precursor to the national games that will be held in Colorado next year.

Volunteers are needed for events ranging from the opening ceremonies, to athlete check in, information booths, setting up and tearing down events, course guards, crowd control and traffic direction, scoring, timing, hospitality awards ceremonies, tabulating results and other activities. If you want to volunteer or want more information on volunteering, contact state games officials at 634-7333, extension 1009.

Some of the Rocky Mountain State Games events will take place at Fort Carson. The events scheduled to be held at the Mountain Post facilities are: bowling, flag football, golf, power lifting and wrestling. Events scheduled to be held at the Air Force Academy are: archery, Judo, flag football (7-on-7), soccer, tennis and track and field.

According to state games officials, in order to qualify for the Rocky Mountain State Games,

## *Mountaineer Youth Feature*

### **Making the catch**

*Youth center Tigers  
right fielder Seth  
Kopp stretches  
out and makes a  
catch during youth  
baseball action  
Saturday at the post  
youth baseball field  
adjacent to the  
youth center. The  
catch kept two run-  
ners from scoring.*



Photo by Walt Johnson



## ***Mountaineer Youth Sports***

### **Coach of the Week**

*Sometimes it pays to be in the right place at the right time. Youth center*

*Tar Heels coach Michelle Lee, center, shows her young players the right place to play defense during action Saturday at the youth center baseball fields south of the Mountain Post Sports Complex. Lee wasn't the team's coach at the beginning of the season but when the team's regular coach and assistant coach (Lee's husband) could not make every game because of military commitments, Lee stepped in and helped get the young players ready for action.*



## *Mountaineer Varsity Sports*

### **Big hit**

*Fort Carson Lady Mountaineer's Heather Sieracki blasts a base hit during action July 19 at the Skyview Sports Complex in Colorado Springs. The Lady Mountaineers finished third in a higher competitive league than it played in recent years.*

*Cathy Satow, Lady Mountaineers coach, said this was a great season for her team and she looks forward to extending it this year by playing in tournaments now that the regular season is over.*

*"These ladies played with a lot of heart and determination this year and they really showed how good they can be by playing so well in this higher classification."*



# Two WCAP Soldiers set to wrestle world's best

by **Tim Hips**

*Army News Service*

**WASHINGTON** — Two Soldiers in the U.S. Army World Class Athlete Program have qualified for the 2006 World Wrestling Championships.

Sgt. Tina George recently joined WCAP teammate Staff Sgt. Dremiel Byers on Team USA scheduled to compete Sept. 26-Oct. 1 at the World Wrestling Championships in Guangzhou, China. Both are stationed at Fort Carson.

A two-time world silver medalist in the women's 121-pound freestyle division, George made her seventh U.S. world team June 30 by defeating reigning national champion Sharon Jacobson of El Cajon, Calif., in the Women's World Team Trials for USA Wrestling at Colorado Springs Christian School.

George won the first match against Gator Wrestling Club's Jacobson by scores of 1-1, 4-6, 5-3 and prevailed 6-4, 7-1 in the second round of their best-of-three championship series.

"It showcased the level of training that I've been in," said George, 27, who regularly wrestles against men in the Army World Class Athlete Program.

"It was a very physical match. At the end of the second match, she had me in a move that could have been a pinning combination, but I decided then that I wasn't getting pinned and I wasn't going to go to three matches."

George hopes to next atone for setbacks at the

hands of Japan's Saori Yoshida, a three-time world champion who defeated her in the finals of the 2003 World Championships at New York's Madison Square Garden and at the 2002 World Championships in Halkida, Greece.

"The woman to beat is Yoshida, and I think my chances this year are higher than any other year," George said.

"I'm really looking forward to competing against her and showing her what I've learned. I don't feel the normal stress of year-round competition because I had quite a bit of time off this year. As a result, I'm not feeling the typical burnout. I think it's going to be a great year for me."

Byers, the 2002 world champion in the Greco-Roman 264.5-pound division, earned his third berth in the World Championships at the men's World Team Trials for USA Wrestling were May 27 in Sioux City, Iowa.

"I want to be more aggressive on my feet, for sure, and just really avoid making any of those mental mistakes that I did last year," said Byers, who lost in the second round of the 2005 World Championships in Budapest, Hungary, to eventual fifth-place finisher Georgiv Tsurtsumia of Kazakhstan.

"It's kind of a redemption thing at this point — focus on getting into the body on these guys and getting back to the guy who won the world in 2002."

Byers hopes to get another opportunity to

wrestle reigning world champion Mijail Lopez of Cuba, who defeated him in the heavyweight finale of the 2006 Pan American Championships on June 3 in Rio de Janeiro, Brazil.

"In the Pan Am Championships, the first period was all of what it was supposed to have been and then my mind went south," Byers said of his most recent showdown with Lopez. "He picked it up and then it wasn't even a fight anymore, so I need to get that back. That's been haunting me and bothering me so I've got to fix that."

Although Byers' ultimate goal is to win an Olympic gold medal as promised to his deceased grandfather, he contends that the world championships is the toughest test in amateur wrestling.

"You're going to get a good showing from everybody there because everybody is putting their best out," Byers said. "In the rest of the world, that's more important than the Olympics. That's just the way it is. I know now that it's harder to win a world championship than an Olympic medal. Only 20 (athletes in each weight class) compete in the Olympics and everyone is at the World Championships."

"I just want to be on that podium. I want to get our flag raised and our song played. That's most important right now."

**Editor's note:** Tim Hips writes for the U.S. Army Community and Family Support Center Public Affairs Office.

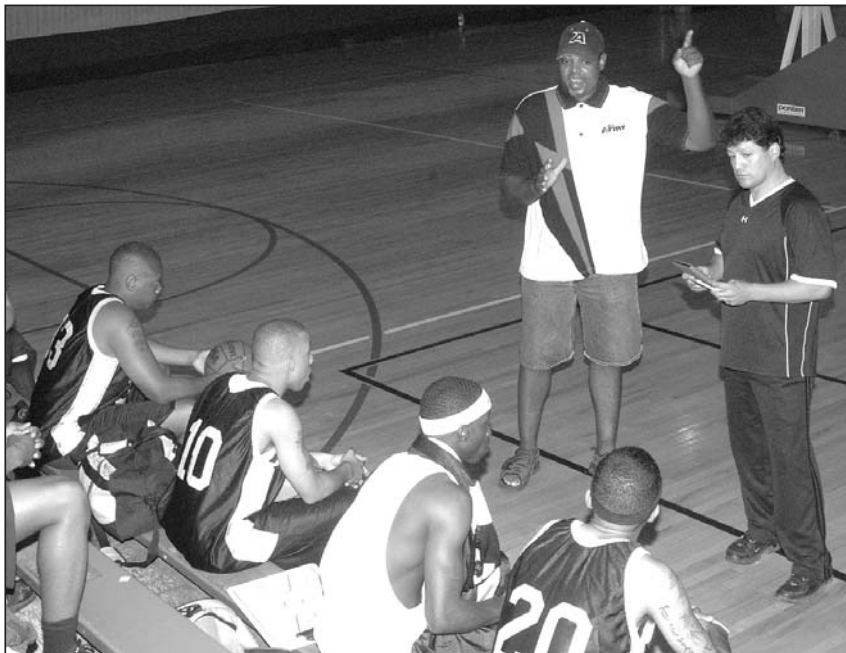


Photo by Walt Johnson

### Team talk

*Fort Carson Mountaineers assistant coach Steve Hollister, left, and head coach Robert Nieto, right, talk to members of the team moments before the team went out and defeated Buckley Air Force Base 99-87 Sunday at the Special Events Center.*

### Bench

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athletes must be a resident of the State of Colorado for at least 30 days prior to the first day of competition they wish to enter. Students enrolled in a Colorado college or university can also compete as well as any member of the military and their families assigned to Colorado.

**The second annual “AnySoldier.com” Golf Tournament will be held on Aug. 25, 2006 at the post’s Cheyenne Shadows Golf Course.**

The AnySoldier tournament is a charity event that is designed to raise funds to put together care packages for the service men and women in Afghanistan and Iraq. The cost for the tournament is \$55 per golfer which includes green fees, cart with Global Positioning System, range balls, a barbecue lunch and door prizes. Prizes include a Hyundai Sonata for any golfer that gets a hole-in-one, two round-trip airfares on Allegiant Air and Frontier Airlines.

For more information contact Linda Marsh at (719) 590-7984 or [john.marsh.ctr@peterson.af.mil](mailto:john.marsh.ctr@peterson.af.mil) for more information.

**The Directorate of Morale, Welfare and Recreation sports office will hold its intramural football organization meeting Aug. 15 at 1 p.m. at bldg 1217.** For more information contact Lamont Spencer or Joe Lujan at 526-6630.

# ***Mountaineer Sports Standings***

## **American League**

<b>Team Name</b>	<b>W</b>	<b>L</b>
A Co, 2/2 STB	13	1
HHC, 7th ID	10	2
Maint Co/RSSS	11	3
3rd ACR, ABA	10	3
MEDDAC	7	5
59th QM	5	5
68th CSB	4	6
230th Finance	2	10
A Co, 1/9	4	9
D Co, 2 BSB	1	1
D Co, 1/3	0	6
43rd ASG	0	0



Photo by Walt Johnson

*Supply and Transportation Troop's Matthew Loutsenhizer, center, bumps into World Class Athlete Program's Mark Dunivan after scoring Monday.*

## **National League**

<b>Team Name</b>	<b>W</b>	<b>L</b>
HHC, 1/12 Inf	8	1
1st MOB	10	5
43rd CEC	5	5
S & T Troop	5	8
71st OD GP	4	5
O Troop, 4/3	4	8
13th ASOS	3	6
HHC, 43rd ASG	3	8
HHC USAG	3	8
3/61 Cav	4	5
89th Chem	4	5
7th ID, IRT Co	4	9



## Mountaineer Athlete of the Week



### Christina DiFlauro

**Army job:** Medic/paramedic 2/4 Infantry

**Sports Position:** Lady Mountaineers team trainer

**Why did you choose to be the team trainer?**

Members of the team asked me if I would donate my time and be the team trainer and I said "sure." I wanted to do something to support my team (Lady Mountaineers softball team) support my friends that play on the team and support the Fort Carson sports program.

**What sports have you played?**

I was a track and field athlete.

**What is your best moment in sports and why?**

I am a Pittsburgh Steelers fan all the way. Both of my parents are from Pennsylvania and I grew up being a Steelers fan. My best sports moment to date is watching the Steelers win the Super Bowl this year while I was in Iraq. I would be up at 2 a.m. just to watch the game and I had to be at work at 6 a.m. For the Super Bowl we had a big party and I wore my Steelers shirt, and had my Steelers cup and Steelers plate as I watched them win.

